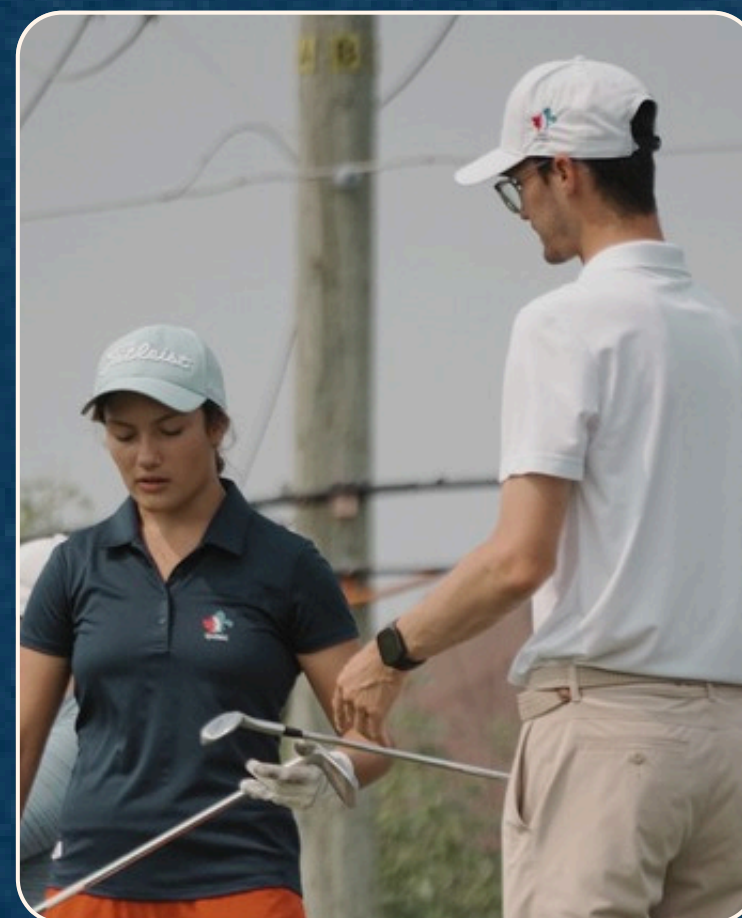




QUÉBEC TEAM 2026



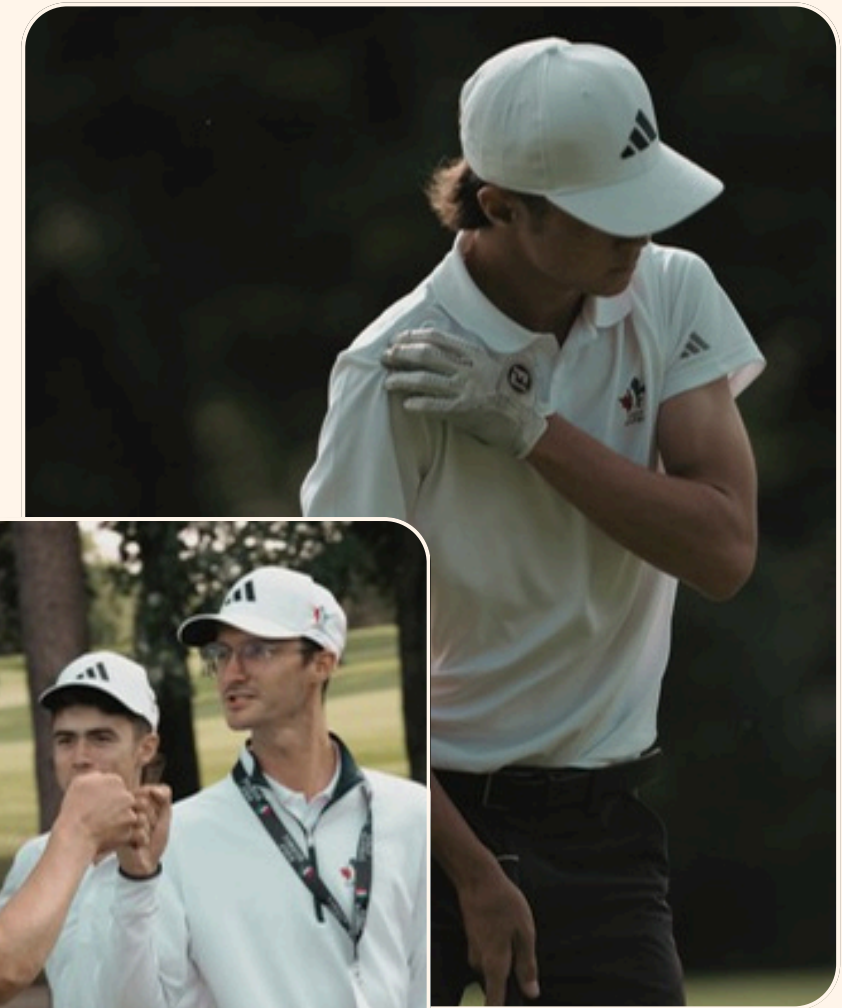
INTRODUCTION

- Support and **accompany** the athlete committed **to their project** of developing their full potential.
- The Québec team program offers **additional opportunities** for development.
- The athlete's autonomy and taking charge of their project are encouraged.
- **Teamwork** between the athlete's **personal coach** and the team coaches is essential.
- The athlete is expected to participate in all team activities: training camps, practice rounds, identified competitions, workshops, team meetings.
- Beyond performance, we wish for the athlete their **well-being** and their **global development**.
- That they feel **safe** and that sport be a **positive experience** in a **caring environment**.



OBJECTIVES

- 1 Help the athlete in their journey to develop their full potential.
- 2 Help the athlete to **optimize their support system**.
- 3 Help the athlete in their **preparation to perform in competition**.
- 4 Help the athlete to **develop their autonomy** so they take charge of their project.



THE IMPORTANCE OF STRUCTURING ONE'S DEVELOPMENT

We advocate a multidimensional development approach

The development of a golf athlete does not rely solely on technical mastery. To progress sustainably and reach their full potential, the athlete must adopt an approach that considers all performance dimensions:

Technical

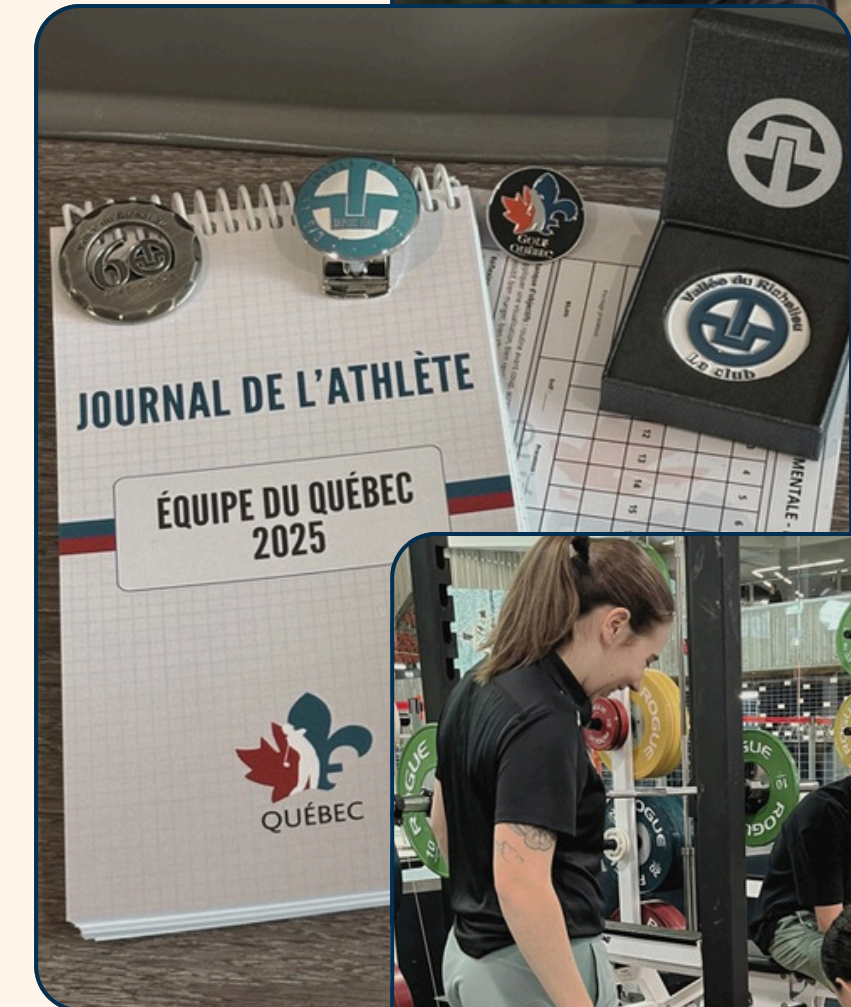
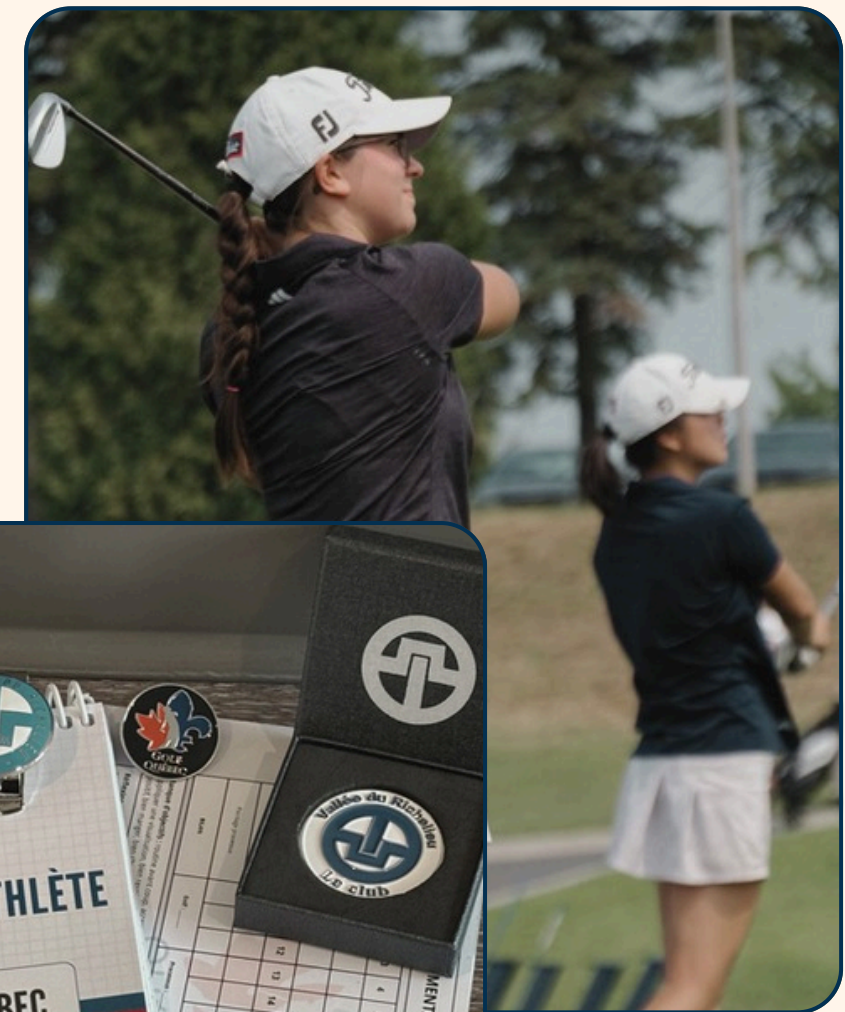
Strategic and tactical

Physical

Mental

Personal and social

The balanced integration of these dimensions promotes not only performance, but also the athlete's overall long-term development.



PROGRAM SUMMARY

- Support and advice for annual training planning.
- Support and advice for the competition calendar.
- A **provincial coach accompanies the team** at identified competitions.
- **Team practice rounds** at identified competitions.
- Team training camps for competition preparation.
- Specialized **workshops**.
- **Upgame** app for statistics tracking.



PROGRAM SUMMARY

CON'TD

- Medical-sports evaluation camp with the INS.
- Individual intervention plan related to the medical-sports camp results (link to be made with the athlete's CREM).
- Workshops and support in strategic and tactical planning.
- Course notebook (yardage book) for all identified competitions.



IDENTIFIED COMPETITIONS

1

NextGen Ontario Championship

2

NextGen Québec Championship

3

Provincial Junior Championship

4

Canadian Junior Championship



TEAM PRACTICE ROUNDS WITH A COACH FOR EACH COMPETITION

SUPPORT OF A PROVINCIAL COACH FOR THE DURATION OF THE COMPETITION

COURSE NOTEBOOK (STRACKALINE)

INVOLVEMENT OF THE PERSONAL COACH

ELIGIBILITY CRITERIA

ELIGIBILITY

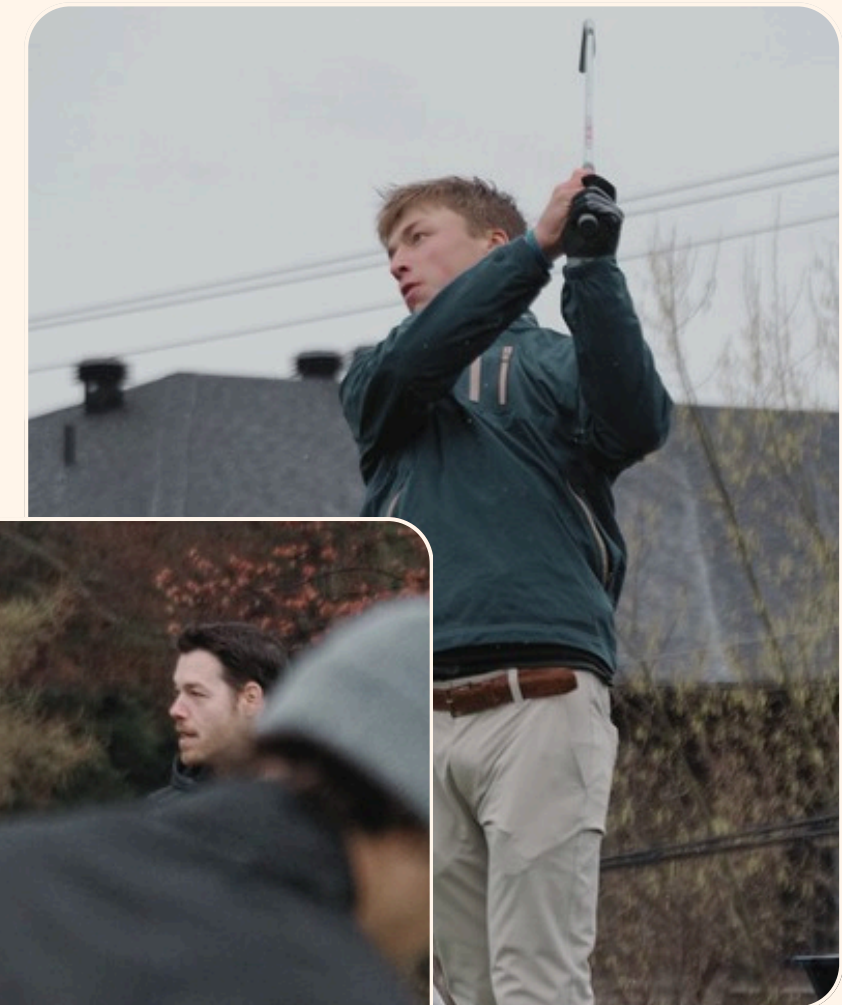
- Golf Québec member.
- Amateur status.
- 18 years old and under (August 1, 2026).
- Québec resident.

CRITERIA

- Identified in the federated ranking - Relève or Elite.

EXCLUSIONS

- Member of a national team.
- NCAA student-athlete or other Canadian university (golf team).



ENGAGEMENT CRITERIA

- Train and compete following an annual plan.
- Be supervised by a certified coach, member of the PGA of Canada, responsible for the athlete's annual planning.
- Participate in the medical-sports camp.
- Follow the intervention plan and recommendations (medical-sports evaluation).
- Register with their CREM.
- Participate in team training camps.
- Participate in identified competitions.



ENGAGEMENT CRITERIA

CONT'D

- Participate in organized practice rounds for the team.
- Wear the equipment provided for the Québec team in all team activities (golf bag and attire).
- Enter data in Upgame according to expectations.
- Participate in workshops.
- Respect the athlete's code of conduct.



COMMITTED TO THEIR SPORTS DEVELOPMENT PROJECT

FOR MORE INFORMATION:

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